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VANCE THOMPSON

EAT AND GROW THIN

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EAT AND GROW THIN

THE MAHDAH MENUS

WITH A PREFACE BY
VANCE THOMPSON

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'Moneo, Domine, ut sis prudens ad victum

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A PREFACE
BY
VANCE THOMPSON

I

THE TRAGEDY OF FAT

"THE fate of nations depends upon how they are fed." This historic remark was made a century ago—shortly after the battle of Waterloo—by that meditative Frenchman, Brillat-Savarin. He had seen the mighty French empire fall to pieces in the hands of a fat Napoleon. He had foretold the sad event as he watched the young hero take on paunch and jowls—and join the grotesque band of the *gastrophori*. No one heeded him. He was a prophet

without honor. And when the fat man fell—and shook Europe to pieces—he wrote his famous essay on corpulency, in which he tried (as so many have vainly tried!) to lead mankind out into the lean pastures of life. With what splendid clamor did he trumpet the joys of going hungry—not as an end in itself, but as a way to æsthetic tenuity.

And mankind went on being fat.

It did not want to be fat; but it did want to sit at table and eat of roasted and boiled and stewed and baked and—with gloomy resignation—it accepted the hulking consequences. And fat generation followed fat generation in a procession, at once tragic and grotesque, over the quaking earth. Of course there were some, even

among Brillat-Savarin's contemporaries, who battled against corpulency. Lord Byron, a poet famous in those years, tried to starve out the enemy—and bombarded him with soda-water bottles and vinegar-cruets—in vain. In our day the battle has been more fiercely waged. Men and women of the first social importance have fasted and rolled on the floor in calisthenic contortions. Perhaps they have triumphed in a measure; perhaps they have gone forth to table with a more awful and more formidable appetite.

The tragedy of fat!

One could write books, plays, poems on the subject. One thinks of the beautiful women one has known—loved perhaps—who have vanished forever, drowned in an ocean of turbu-

lence and tallow; of actresses who filled one's soul with shining dreams—and now the dreams are wrecked on huge promontories; of statesmen and rulers who cumber the earth, now mere teeth and stomach, as though God had created them, like Mirabeau, only to show to what extent the human skin can be stretched without breaking. The tragedy of fat!

An ancient man said: "*Plures crapula quam gladius*"—gluttony kills more than the sword; but the saddest part is that it kills with a death more horrible. One may face with fair courage the lean and bony fellow with the scythe—meet him with grim fortitude; but the boldest man shudders at the thought of a fat death; as one who sinks in a sebaceous sea.

II

THE WRONG WAY

IT is a melancholy fact that one is what one is born to be. One's destiny is written more or less clearly on one's face. Thus, statisticians aver, out of a hundred persons who die of consumption, ninety have brown or fair hair, a long face and a sharp nose. This calculation may not be scrupulously exact, but there is less doubt as to the assertion that out of a hundred who are corpulent there are ninety with short faces, round eyes and blunt noses. Young and beautiful a girl passes—she is dainty, rosy, alert, with a roguish nose and adorable cheeks;

but one knows that a little further down the road of life she will be seized upon by the Occult Powers and muffled in fat—for that destiny is written in her round, young face.

And is there neither cure nor palliation?

There are—on the assurance of a distinguished statesman who has tried them all—at least one hundred obesity cures. One may boil out the fat or bake it out or drug it out; one may resort to the more natural—and more economical—method of the hibernating bear, and live on it. Unfortunately all these methods have two irremediable defects:

In the first place, they are not permanent;

And, secondly, they are injurious.

It is evident that a fat man in tolerable health—he is never in perfect health, for a fat man is an ill man—can boil out a great deal of his fat in a Russian bath, but the cure is neither lasting nor safe. There was a Parisian banker, a few years ago, who may serve as an illustrative warning. He had grown very corpulent, weighing awful hundreds of pounds; and, naturally enough, his affairs went to the bad. (There is a strange kinship between obesity and financial crime—almost all embezzlers are fat.) With what funds he could filch from the bank he fled to a provincial town. There he spent every day in a Turkish bath, going stealthily to his lodgings at dusk. At the end of six weeks his own wife would not have known him.

The fat had sluiced from him like melted butter from a colander. Confident that no one would recognize in him the fat banker, he walked the streets boldly. And at the first corner the police arrested him. They did not know him; they arrested him simply because he looked as though he should be locked up—he looked like a man who had stolen a fat man's skin and was running away in it. The skin hung and flapped in dry folds on his cheeks and neck; when they undressed him the sight was more awful still. The detectives (the French detectives are the shrewdest in the world) fed him carbonaceous food and in a few weeks he puffed out to his former dimensions, when they had no difficulty

in identifying him as the runaway banker.

All the violent anti-obesity cures are touched with this defect—they work no permanent result and, in addition, though they may destroy the fat they leave the body shriveled, wrinkled, uncomely. One might as well be fat as to walk the earth in a fat man's misfit skin. And one had far better be fat than ruin one's digestion with drugs, weaken the body by fasting, and strip it of all symmetry by undue exercise and devastating baths.

Excessive fat is a disease, but violent cures end in deadlier diseases.

And is there no cure, at once suave and certain?

There certainly is; and to make it

known this little book has been written by an expert in food values—*Doctrix doctorum.*

III

THE RIGHT WAY

THERE is nothing new about the Mahdah method of destroying corpulency. It is as old as Galen. It was known to Avicenna and to Ficinus, as it is known to the youngest doctor sitting on the tail-board of an ambulance.

One may put it in a word or two:

Eat the right kind of food.

There is no need of starving to get one's weight down to the proper standard of beauty and efficiency. One may dine and dine well if one will but dine wisely. One may indulge oneself in the exquisite pleasures of a per-

fectly composed dinner—so long as it be scientifically composed. One may lead a life of perfect gustatorial satisfaction—without ascetic restrictions. Even the round-faced girl—for whom the hideous phantom of obesity lies in wait at the cross-roads of middle life—need not shun the pleasant table-joys; she may eat if only she will wisely eat.

Certain foods make for fat; and it is upon these carbonaceous foods—starches and sugars and oils—that fat humanity unwisely feeds.

(To the scientist there is nothing so tragic on earth as the sight of a fat man eating a potato.)

The human animal, lean or obese, must eat and, if he is to know the glory of health, he must eat well. Starvation diets never did anyone any good;

they may be put definitely aside—with the wasting drugs and the fat-devouring baths.

There is only one right way of combating corpulency and that is to eat—and grow thin; it is the way Mahdah points out in her book.

There is no guess-work about it. It has been tried and tested on both sides of the sea. In Paris, New York; on both sides of the sea innumerable ladies walk to and fro in slim pulchritude, amazing their friends; they have come back from the cross-roads of middle life, leaving behind them the obese phantom; and their eyes, young and bright, look out of fair, wrinkleless faces. It is as though they had gone down into the springs of life and come, regenerate, up into the world again.

Innumerable ladies—and a few men. Not so many men; for it is a dolesome truth that fat men are not so keen on winning back youthful vigor and a young waist as women are; but there is withal a long list of men who have joined the self-satisfied band of those who eat—and grow thin. (We are a vain lot of people, we admit—we flaunt our slim comeliness in the face of fat humanity and smile, rather self-consciously, when Monsieur Cent-Kilos and his wife go by, for our ideal of plastic beauty is the panther and not the pig.)

And the rule is a simple one:—

Eat the right food rightly prepared.

One might fancy that a table from which the carbonaceous foods were well-nigh banished would have a mea-

ger look, but one has only to read the Mahdah menus—read and inwardly digest them—to discover that there are subtler gastronomic joys than those afforded by devouring potatoes or swallowing lumps of fat. This diet supplies the exact foods required by the fat man or fat woman—not only for the reducing of flesh but as well for the upbuilding of healthy tissue and the strengthening of the whole body. The Mahdah menus are arranged according to the seasons. In summer, for instance, the minimum amount of carbonaceous foods enters into the diet. For the winter months the heat-producing foods are more freely admitted. There need be no insistence on this point, for the menus themselves are explicit.

Perhaps it is well to point out that it is not necessary—in order to grow thin—to eat every dish given in the menu for the day. A man at once fat and poor might find some of the dishes beyond his purse. He is to be congratulated, for he will lose flesh just so much more rapidly than his fat and richer brother. For of course one does not want to eat too much. The idea is to eat enough—as a panther does; and not to eat too much after the manner of a less æsthetic animal. It would be difficult for anyone to get fat or stay fat on the bill-of-fare which has been scientifically prepared for this book, but one will grow thin more quickly, more healthfully, more comfortably, if one does not eat too much—even of these lean dishes.

Another point, and one of importance—

No wine list is printed on the back of the Mahdah menus. This deficiency is not due to any "mystical horror of fermented drinks"—it is due to the somber fact that wine makes for corpulency. (Beer and ale are worse still.) One who will have his wine, in spite of this warning, should not go beyond a glass or two of thin Rhine-wine. Better not; in fact drink of any kind is a bad thing at meals—even water; that way fat lies; an hour after the meal one may drink, and the best thing to drink is some such mineral water as Vichy or Vittel.

(And above all, don't sleep too much.)

IV

THE FAT MAN IN BROADWAY

BRILLAT SAVARIN, like many French gentlemen, fled to the United States to escape the "Terreur" of 1793. He observed, as many other travelers have, the unusual proportion of fat men in New York. Is it a heritage of Dutch ancestry? Or is it due, as Brillat surmised, to the extraordinary amount of pastries, pies, sweets and corn-products eaten in that commonwealth? Conjecture runs amok. Walking in Broadway in the first years of the nineteenth century, Brillat-Savarin saw a man—a monument, a mountain of a man—who might

serve as lesson to this later (and scarce leaner) century; and he wrote:

"The most extraordinary instance of corpulency I have ever seen was that of an inhabitant of New York, whom many of my readers must have seen sitting in a tavern in Broadway, on an enormous arm-chair with legs strong enough to bear a church. Edward was at least six feet four in height; and, as his fat had swelled him out in every direction, he was over eight feet at least in girth. His fingers were like those of the Roman Emperor who used his wife's bracelets for rings; his arms and thighs were cylindrical, as thick as the waist of an ordinary man; and his feet like those of an elephant, covered with the overlapping fat of the legs. His lower eyelids were kept

down by the weight of the fat on his cheeks; but what made him more hideous than anything else was the three round chins of more than a foot long hanging over his breast, so that his face looked like the capital of a truncated pillar.

"He sat thus beside a window of a low room opening on the street, drinking from time to time a glass of ale, of which there was a huge pitcher always near.

"His singular appearance could not fail to attract the attention of the passers-by, but they had to be careful not to remain too long. Edward quickly sent them about their business, calling out, in his deep tones, 'What are you staring at like wild-cats?'—'Go on your way, you lazy body'—'Off with

you, you good-for-nothing dogs.' During several conversations I had with him, he assured me he was by no means unhappy and that if death did not come to disturb his plans, he could willingly remain as he was to the end of the world."

Now this little fragment of local history is not without significance. Edward, elephant-footed, girthed like a caisson, was content to remain as he was. He had none of the shame of fatness that stings even the most indifferent American to-day. To-day no fat man pretends that he is paunch-proud. He would fain be like other men—his height measurably greater than his width.

V

RATHER PERSONAL

THE worst of being fat is that it makes one ridiculous.

The witty man, doomed—I am thinking of course of Mr. Gilbert K. Chesterton—to walk the world in a suit of tallow, tries to fend off the laughter of others by laughing first at himself. It is heroic and pathetic. Mr. Chesterton (wearing a bracelet for a ring) is a subject for tears, not laughter—jest he never so waggishly! No; the fat man may clown and slap himself and wag a droll forefinger, but he is not merry at all; and if one should sink a shaft down to his heart

—or drive a tunnel through to it—one would discover that it is a sad heart, black with melancholy. Down there, deep under the billowy surface of the man, all is gloom. He knows he is ridiculous. Because when he sits down on a bent pin he never knows it—and only hears of it casually from the valet who brushes his trousers the next day—rude little boys think he has no feeling. But almost always he is a man of fine and tender feelings; only they are covered up.

He falls in love. (It is a destiny—like being born with the sun in Aquarius; always the fat man falls in love.) And this is his bitterest tragedy. He cannot kneel at Beauty's feet without a derrick to let him down; and a man who goes a wooing with a

derrick looks like a fool. He cannot clasp the dear girl to his heart—for fear of smothering her.

What can the poor man do?

Fierce burn the fires of love within him and the fiercer they burn the faster flees the terrified girl—for he looks like a vat of boiling oil; and that is a fearsome thing to fall into. So, wrapped in tallow, the poor lover goes his sebaceous way—wearing his maiden aunt's bracelet for a ring.

Love is not for him!

For him there is only the "window of a low room opening on the street," where he may sit and jeer at himself to keep his friends from jeering.

A tragedy in suet.

Have I spoken feelingly of that man

who wears the ring whereof you know?

I lay down my pen and cross the floor and look into the tall mirror; I am confronted by the reflection of a slight man, slim-waisted, with narrow, beautiful legs—and I admire his lean gracility; and then I think of Edward in the historic Broadway window—of Mr. Chesterton in Battersea; and I say to the image in the mirror: "Even such as they you might have been had it not been for the Mahdah menus!"

For I narrate this *fabula* of myself.

I, too, might have been like Mr. Chesterton—without the wit, but with the shame of fatness on me and diamond buttons in my shirt. Too long I had lived in the restaurants of the

world—fed too full of Paris (guided by the wonderful table-book of Rowland Strong), of Vienna, of Rome. The gracilities, whereof there has been sufficient mention, were slipping away from me, hiding themselves in festoons and furbelows of fat. For months, for a year, I knew it not. One never does know that one is getting fat. One knows that other people are getting fat—that they are fat. But oneself? Never! One's tailor is a liar and his tape-measure a fraud. One's shirt-maker is in the conspiracy. Then at last there comes a day—the unavoidable day—

Do you remember the unhappy swallow who discovered (with horror) that he did not make a summer?

It is that way. One day (with hor-

ror) you discover you are fat. You see it in your mirror. More tragically you may see it in a woman's eyes. Then of two things, one: Either you sink, cowardly, in the sea of tallow and your life as a man is over; or, you "take advice."

Frankly I am one of those who took advice. That is why I was asked to write a preface to this book—which might have been called "The Fat Person's *Vade Mecum*"; after all, perhaps "Eat—and Grow Thin" is better; for, if you follow this method, you may eat, eat of savorsome dishes—in a word, you may dine—and eating you will grow thin.

And stay thin.

As the book speaks up for itself I do not see what need there is for a preface

at all. But Mahdah was not of that opinion; said she: "A book without a preface is as *inconvénant* as a man without a collar on." Wherefore I button on this collar (a detachable collar, fortunately—and you can take it off if you wish) and tie round it a mauve necktie.

VI

ABOUT THE BOOK

AS I have said, Mahdah's method is an ancient one—known even to the young gentleman who drops off the tail-end of the ambulance. It is based on a scientific knowledge of food values. All that information you may get for yourself. Any reputable physician will tell you—for a few hundred dollars—to stop eating starch, sugar and the like. He will even draw up a pretty diagram in black and white. Or your little boy or little girl—if she, too, is out of the kindergarten—can do it for you, after school. Only—the fatting man or the woman

who is "taking on flesh"—is not much better off for advice or diagram. It is all very well to know one can't eat corn and pork and macaroni and those Southern Mammy biscuits; but what CAN one eat?

The Mahdah menus tell you exactly what to eat—just what food-values should be banked every day. The menus are composed. Each luncheon is complete in itself. Each dinner provides exactly the nutriment needed and in exactly the right proportions. And breakfast? Oh, we of the slim-waisted gracilities breakfast on a cup of yellow tea or a cup of black coffee or a dish of fresh, ripe fruit.

With these menus the housekeeper may set a table at once non-fattening and delicious. From these menus the

man who dines in the restaurants may select what tempting dinners he pleases—and get thin by eating them. For (it cannot be said too often) these menus were devised by an expert and accomplished dinner-maker—*ingeniosa ad gulam.*

Of course there are certain rules to be observed.

If you have bought this book from honorable motives (and not merely to read the preface) you will observe these rules; and if you do, you will find at the end of a few months—say three—that the image in your mirror will have lost twenty pounds. The many people here and in Paris who have followed this method have lost —I state an average—two pounds a week after the first three weeks.

Slowly—little by little, pleasurably—not sacrificing table-joys—you will win back the winsome waist of youth.

Possibly, you say?

Inevitably. It is axiomatic: Fat foods make fat and lean foods make for leanness. And the Mahdah menus show the lean way.

HOW TO EAT AND GROW THIN

By Mahdah

SOMETIMES corpulency is due to over-eating and then it may be checked by the "starvation cure"; but usually this drastic treatment is dangerous and unnecessary. Corpulency (unless it is the result of definite disease) is most commonly caused by wrong eating—that is, by eating too much carbonaceous food, such as starches, sugars, oils and other fats. The average diet consists very largely of fat-making foods, beginning with soup and going down through the list of gravied meats, of potatoes, maca-

roni, bread, butter, cream, cheeses, ending with pastries, puddings and sweets. When such a meal is eaten, accompanied by draughts of beer, or a bottle of wine, there is set up in the body a fat-producing factory and the result, especially for those who are predisposed to corpulency, is inevitable. It follows that the natural cure for corpulency is to stop eating the fat-producing foods. Then, slowly the body will use up the excess of fat. This process may take a number of months, the time depending upon the degree of corpulency, but it is a process without danger, without injury to the health, without unpleasant self-sacrifice and, also, the gradual elimination of fat leaves the body healthy and strong and so far from wrinkling or

deforming the skin restores it to its natural freshness and beauty.

The average loss of weight in those who have faithfully followed the method described in this book is for women about two pounds a week after the first three weeks, during which time very little decrease is noticeable; for men the reduction is a trifle less. A great deal of course depends upon the temperament, the environment and the amount of exercise taken, but anyone who will honestly collaborate in the cure, should lose from twenty to twenty-five pounds in the course of the first three months. And when the desired weight has been attained, the rules need not be so strictly obeyed, but one who has once followed the non-fattening diet is not at all likely

ever to return to oily, starchy or sugary food.

Everyone eats too much. Almost all corpulent persons sleep too much. From these two facts the following rule may be deduced: "Eat less than you have been in the habit of eating; and sleep less."

The things you must not eat are these:

"FORBIDDEN FOOD"

1st: Pork, ham, bacon and the fat of any meat.

2nd: Bread, biscuits, crackers, anything made of the flour of wheat, corn, rye, barley, oats, etc. Cereals and "breakfast foods" must never be eaten.

3rd: Rice, macaroni, potatoes, corn, dried beans, lentils.

4th: Milk, cream, cheese, butter.

5th: Olive oils, or grease of any kind.

6th: Pies, cakes, puddings, pastries, custards.

7th: Iced creams, sirup-sweetened soda-water, etc.

8th: Candies, bonbons, sweets.

9th: Wines, beers, ales, spirits.

It may seem at first glance that when these things are taken away there is left only a disguised kind of starvation; but the most casual inspection of the Mahdah menus will show that these fattening foods are really superfluous and that more than enough remains to furnish a *gourmet's* table. What has been taken away is: Starch, sugar, oil and alcohol—nothing else;

and their removal from the diet of the corpulent person means the certain loss of corpulency. The menus, here given, are based on an exact knowledge of just what must be eaten in order to nourish the body without fattening it. They are so combined that they give the variety of food necessary for a normal person in a proper nutritive ratio.

In cooking the various dishes it should be remembered that very little butter, and no oil, fats or grease are to be used. None of the *plats* given in the menus require fats, flour, or sugar. Where sweetening is necessary crystallose or saccharine tablets—the half-grain tablet is the most convenient—should be used. The recipes not usually printed in cookbooks are printed

at the back of this book. When recipes are not given those of any ordinary cookbook may be followed, if it is always borne in mind that flour, sugar, milk, etc., are NOT TO BE USED. But only such dishes as are wholly satisfactory without these fattening ingredients have been given a place in the menus.

DON'T

Don't sleep too much.

Don't take naps.

Don't overeat, even of lean dishes.

Don't eat unless you are hungry.

Don't drink with your meals.

Don't drink alcoholic beverages.

Don't eat bread—except gluten bread toasted, and this in moderation.

Don't take a cab—WALK.

THE LAWS OF DIET

YES, the list of things one must not eat may seem rather appalling when one looks at it for the first time. Soup and bread and potatoes and bacon and sweets and one's wine or beer seem almost a necessary part of the daily meals to one who has never done without them. Bread perhaps is the hardest thing to do without, but after a while the stomach ceases to demand it and one does not miss it from the daily diet, when gluten bread is used as a substitute.

When one is in the habit of drinking with one's meals it is at first difficult to do without every kind of drink—even

water—but after a few days "dry eating" becomes a matter of course; and it will be found that a much smaller quantity of food satisfies the appetite.

The list of things one may eat is far longer than the list of forbidden things. For breakfast there is fruit, fresh or stewed, and twice a week boiled or poached eggs may be served; coffee or tea—without cream or milk, of course, but sweetened, if desired, by crystallose or saccharine. Then in the menus given for luncheons and dinners there will be found:

All kinds of meat (except pig in any form).

All kinds of game.

All kinds of sea-food—fish, lobsters, oysters, etc.

All kinds of fruit (except the banana and grape).

All kinds of salad—except those made of forbidden vegetables.

All kinds of meat jellies.

Mushrooms, tomatoes, cucumbers, peppers, olives, celery, pickles, chili sauce, Worcestershire sauce.

All *green* vegetables, such as: string beans, spinach, Brussels sprouts, cauliflower, celery, beets, beet-tops (cooked like spinach), turnips, carrots, squash, celery root, salsify, cabbage, endives, artichokes, radishes, lettuce (which may likewise be cooked like spinach), parsnips, egg-plant, tomatoes, onions, asparagus, escarole (also cooked as spinach or eaten as a salad) —and any others mentioned in the list of menus.

It is evident that one's choice of appetizing dishes is not greatly restricted and that one may eat very well with the happy certainty, also, of growing thin.

The food that has been selected in the accompanying menus for daily consumption contains all that is needed for the sustenance of the body—everything needed to strengthen brain and body—and no needed food-value has been neglected or overlooked. Each menu is composed of an agreeable variety of specially selected and specially tested dishes and, by adding a *plat* of forbidden food (if one wishes to fatten a lean guest) one may give a dinner of which Voisin or Durand would boast. The hostess has only to

hand the book of menus to her cook and think no more about it.

There are many things to consider in preparing a diet, beyond the mere elimination of non-fattening foods. These menus have been arranged not merely to make you thin (any starvation diet will do that) but to build up the tissues and give perfect health. To gain this end you must eat and eat well; and that is what you will do when you begin to follow the menus.

It is almost as important to guard against fat as it is to get rid of it, so these menus will prove useful to many who have not yet crossed the border line of corpulency. And to the corpulent it should be said: "Never under any circumstances—even when you

have reduced to the desired weight and have, to some degree, discontinued the diet—never eat potatoes, rice, white bread (toasted gluten bread is much more nourishing and not fattening), macaroni or sweets.

Recipes for the less common dishes are given. The others are in all cookbooks.

Regarding the Turkish, Spanish and Russian dishes given, they may be eaten or not, as you wish. For instance, the Dolmas or Turkish mutton is a very nice dish, and it has nothing fattening in it, but plain boiled mutton with mint or caper sauce will be simpler and answer the purpose quite as well—if not better. The same applies to the Srasis or veal, Polish style. Plain roast veal can be substituted,

though Srasis makes an agreeable change.

Barsch, also, may be too complicated for some kitchens. In that case replace it by serving plain roast duck.

Baked or steamed apples and pears are recommended.

Use crystallose or saccharine to sweeten the water used in the cooking with the addition of a sliced lemon and some nutmeg. For those who are already very stout, I would suggest a lunch consisting simply of salad and fresh, ripe fruit several times a week.

For all salads use the Diet Dressing. It is really excellent. For coleslaw use the boiled dressing (without the flour) given in some of the cookbooks.

All the vegetables should be boiled in water and seasoned with salt and

pepper. Paprika is very flavorsome and rare meat juice of any kind (if lean) poured over the vegetables adds to their flavor. Chili sauce and similar sauces add to the flavor of the vegetables.

Those who select the plainest dishes in the menus will reduce the quickest.

It is true of course that the nutritive value of food lies in the relation which the several substances bear to the organism they are to nourish. No two human organisms are exactly alike and the thinning diet laid down in these menus must be—like any diet of whatever nature—more or less modified to suit individual cases, but such changes are easily made. If the mutton in one day's menu does not agree with you, you have but to replace it with beef;

and if you do not like duck you may take a fowl instead. But in most of the menus no substitution will be necessary; they are ample enough to permit you to pick and choose.

This natural, simple method of curing obesity has brought health and happiness to hundreds of the corpulent and, wherever it has been tried, it has proved unfailingly successful. You have but to follow it faithfully and loyally, and it will do for you what it has done for others—for men and women and for children. You have only to persevere and week by week and month by month you will see that you are going back to your healthy, normal condition, having lost all superfluous fat and recovered pristine energy.

Above all, be cheerful. Try and SEE yourself growing thin. Remember the mind exercises a powerful influence on the body. And do not forget that an indolent, indoor life—the breakfast in bed and afternoon-nap kind of life—slowly but surely increases flesh.

In addition to eating the right food try and lead the right life.

MAHDAH.

THE MAHDAH MENUS

THE MAHDAH MENUS
FOR
DECEMBER, JANUARY AND FEBRUARY

(Recipes are given for dishes marked with a Star.)*

Dinner

Raw Oysters.
Roast Turkey, with cranberry sauce.
String Beans.
Salad Romaine.
Fruit.

Lunch

Minced Turkey.
Fruit Salad.
Stewed Prunes.

Dinner

Mussels (Marinière)* or fish in season.

Dolmas (Mutton, Turkish fashion).*
Broiled Mushrooms.
Roast Fowl, with Aspic jelly.
Coleslaw (boiled dressing).*
Stewed Apples, with lemon and cinnamon flavoring.

Lunch

Broiled Lobster.
Cold Fowl, with any relish.
Stuffed Eggs.
Sliced Oranges.

Dinner

Clam Cocktails.
Fish.
Venison Steak, with Aspic jelly, truffled.
French Beans.
Grapefruit Salad.

Lunch

Steamed Oysters.
Hashed Venison in ramekins.
Apple and Celery Salad.

Dinner

Oysters.
Fish.
Roast Guinea-fowl, with pickled walnuts.
Mashed Turnips.
Pineapple Salad.*
Gelatine (lemon flavor).

Lunch

Clam Cocktails.
Broiled Lamb Chops.
Stewed Celery.
Sliced Apples with Prunes.

DINNER

Oysters.
Fish.
Boiled Tongue, with tomato sauce.
Roast Pheasant, quince sauce.
Brussels Sprouts.
Apple Soufflé.

LUNCH

Lobster Salad.
Poached Eggs, with purée of sprouts.
Apple Sauce.

DINNER

Clams on the Half Shell (with any relish).
Baked Fish.
Roast Veal.
Macédoine of Vegetables.
Lettuce Salad with Egg (diet dressing).*
Fresh Fruit.

LUNCH

Hashed Veal (Klopps).*
Stewed Carrots and Turnips cut in dice.
Sliced Oranges.

DINNER

Oysters.
Broiled Fish (in season).
Barsch (Duck, Polish style).*
Cauliflower.
Sliced Hawaiian Pineapple.

LUNCH

Boiled Codfish, tomato sauce.
Cold Duck.
Celery and Apple Salad.
Stewed Fruit (in season).

DINNER

Oysters.
Fish.

Hare (with sourkrout).*
Salsifis.
Salad.
Fruit.

LUNCH

Broiled Sweetbreads, with stewed celery.
Quail.
Endives.
Grapefruit.

DINNER

Oyster Cocktail.
Steamed Fish.
Partridges in Cabbage.
Artichokes (vinaigrette).*
Stewed Plums.

LUNCH

Poached Eggs, with purée of turnip.
Cold Partridge.

Coleslaw.
Stewed Pears.

Dinner

Oysters or Clams.
Broiled Chicken Giblets.
Filet of Beef.
Purée of Celery Root.
Fruit Salad.

Lunch

Olives, Celery, Radishes.
Cold Beef, with horse-radish.
Baked or Steamed Apples, flavored with lemon.

MAHDAH MENUS

FOR

MARCH, APRIL AND MAY

Dinner

Oyster Cocktails.
Fish (in season).
Boiled or Broiled Chicken.
Parsnips and Onions.
Salad Romaine.
Spiced Fruit.

Lunch

Olives, Celery.
Minced Chicken with Mushrooms.
Pineapple Salad.*

Dinner

Broiled Shad.
Roast Lamb, with mint sauce.

Brussels Sprouts.
Tomatoes and Cucumbers (diet dressing).*
Strawberry Water Ice (sweetened with saccharine).

Lunch

Deviled Eggs on Asparagus Tips.
Cold Roast Lamb, with mint or tomato jelly.
Salad.
Mandarins.

Dinner

Broiled King Fish.
Calves' Brains, with truffles.
Roast Green Duckling, stuffed with olives and celery.
Eggplant (Turkish style).*
Fruit.

LUNCH

Broiled Calves' Liver, with string beans.
Cold Duckling.
Tomato and Water Cress Salad.
Fruit.

DINNER

Soft-shell Crabs.
Broiled Lambs' Kidneys, with chicken giblets.
Boiled Corned Beef, with cabbage.
Lemon Gelatine.

LUNCH

Scallops, with chili sauce.
Smoked Minced Beef with Eggs.
Strawberries.

DINNER

Shad.
Roast Veal.

Cauliflower, tomato sauce.
Broiled Mushrooms.
Compote of Stewed Fruit.

Lunch

Kippered Herring.
Minced Veal with Dropped Eggs.
Fruit.

Dinner

Clams on Half Shell.
Broiled Spring Chicken.
Asparagus.
Salad.
Fruit.

Lunch

Lambs' Kidney, with onions.*
Vegetable Salad (Harlequin).*
Stewed Pears.

DINNER

Boiled Cod Steak (any fish relish).
Leg of Spring Lamb.
Purée of Turnips.
Artichokes (vinaigrette).*
Fruit.

LUNCH

Cold Lamb.
Lettuce and Egg Salad.
Sliced Oranges and Pineapple.

DINNER

Fish.
Squab or Pigeons.
Purée of Spinach.
Russian Salad.
Fruit.

LUNCH

Dropped Eggs, with purée of cauliflower.

Fish Salad.
Fruit.

Dinner

Fish or Crab-flakes.
Filet Jardinière.
Asparagus Tips.
Sourkrout Salad.*
Fruit.

Lunch

Russian Salad, boiled dressing (as hors d'œuvre).*
Roast Pigeon, with stewed celery.
Fruit.

Dinner

Filet of Weakfish.
Broiled Calves' Brains, with purée of celery.
Roast Chicken, with truffles.

Eggplant, tomato sauce.
Fruit Salad.

Lunch

Cold Chicken, with meat jelly.
Stewed Carrots and Turnips (diced).
Fruit.

MAHDAH MENUS
FOR
JUNE, JULY AND AUGUST

Dinner

Fish.
Roast Sirloin of Beef.
String Beans.
Stewed Tomatoes.
Chicken Salad (use the boiled dressing).
Fruit Water Ice.

Lunch

Cold Roast Beef, with olives and any relish.
Chicken Salad.
Raspberries.

Dinner

Fish.
Broiled or Steamed Spring Chicken.
Asparagus.
Egg and Lettuce Salad.
Strawberries.

Lunch

Olives, Radishes.
Cold Tongue.
Purée of Spinach.
Iced Tea with Sliced Orange.

Dinner

Fish.
Roast Lamb.
Boiled Beet-tops, with hard-boiled egg.
Tomato Salad.
Stewed Rhubarb

Lunch

Poached Eggs, purée of onion.
Cold Lamb.
Sliced Cucumbers, with green peppers.
Fruit.

Dinner

Broiled Smelts.
Veal Loaf, with new cabbage (boiled).
Salad of Green Beans and Chopped Carrots (cooked).
Melon.

Lunch

Young Onions.
Lamb Chops.
Tomato and Lettuce Salad.
Cantaloupe Frappé.
Iced Tea with Lemon.

DINNER

Fish.
Broiled Tenderloin Steak, with kidneys.
Purée of Spinach.
Beets.
Pineapple, sliced.

LUNCH

Stuffed Eggs, with tomato sauce.
Cold Tongue (with relish).
Blackberries.
Iced Tea.

DINNER

Fish.
Roast Capon, with asparagus tips.
Cauliflower.
Cucumber and Tomato Salad, with cress.
Huckleberries.

LUNCH

Broiled Lamb's Fries, with string Beans.
Chicken Salad.
Sliced Peaches.

DINNER

Fish.
Broiled Chicken Giblets, with mushrooms.
Roast Lamb, with mint sauce.
Endives.
Strawberry Ice.

LUNCH

Clams on half shell.
Minced Lamb.
Vegetable Salad.
Stewed Berries.

Dinner

Fish.
Boiled Corned Beef, with new cabbage and onions.
Stewed Celery.
Tomato Gelatine, with lettuce and egg.
Blackberries.

Lunch

Calves' Brains, with tomato sauce.
Asparagus Salad.
Huckleberry Gelatine.

Dinner

Fish.
Veal Cutlets (cut very thin and slowly broiled).
Boiled Beets with Onions.
Pineapple Salad on lettuce hearts.

LUNCH

Shrimp Salad.
Veal Hash.
Raspberries and Currants.

DINNER

Baked Fish.
Sweetbreads, with chopped, boiled carrots.
Cold Tongue, tomato sauce.
Sliced Cucumbers, diet dressing.
Peaches.

LUNCH

Lamb Chops or Steak.
Purée of Lettuce.*
Chicory or Dandelion Salad.
Fruit.

MAHDAH MENUS

FOR

SEPTEMBER, OCTOBER AND NOVEMBER

Dinner

Oysters.
Lobster.
Corned Beef and Cabbage.
Spinach with egg.
Stewed Apples.

Lunch

Steamed Oysters.
Cold Corned Beef, with horse-radish.
Stewed Prunes.

Dinner

Broiled Cod, with green peppers.
Saddle of Mutton, caper sauce.

Squash boiled with young onions.
Endive Salad.*
Baked Pears, spiced.

LUNCH

Stuffed Eggs, with hot tomato sauce.
Cold Mutton, Aspic jelly.
Melon.

DINNER

Boiled Haddock.
Calves Head, sauce vinaigrette.*
Roast Veal.
Beets.
Cauliflower Salad.
Sliced Peaches.

LUNCH

Cold Veal (chili sauce).
Broiled Calves' Liver, with boiled lettuce.*
Stewed Apples and Pears.

Dinner

Oysters.
Fish.
Roast Goose, with apple sauce.
Boiled Onions and Carrots.
Green Peppers, stuffed with chopped beans (diet dressing).
Melon.

Lunch

Cold Goose.
Chicory Salad.
Grapefruit.

Dinner

Oysters.
Baked Liver, with onions.
Green Beans, with broiled tomatoes.
Purée of Chicory.
Lobster Salad.
Baked Apples.

LUNCH

Hamburger Steak with Onions.
Celery and Apple Salad.
Sliced Oranges.

DINNER

Clams.
Fish.
Roast Turkey, cranberry sauce.
Purée of Cauliflower.
Sliced Tongue and Tomato Salad.
Fruit.

LUNCH

Steamed Oysters.
Cold Turkey, with cranberry sauce.
Stewed Peaches.

DINNER

Fish.
Hashed Turkey, with mushrooms.
Vegetable Salad.
Stewed Fruit.

LUNCH

Tenderloin Steak.
Shrimp Salad.
Apple Soufflé.

DINNER

Oysters.
Fish.
Wild Rabbit or Hare.
Boiled Chicory (cooked like spinach).
Tomato Salad.
Apricots.

LUNCH

Broiled Mushrooms.
Cold Game.
Meat Jelly, with hard-boiled eggs.
Watermelon.

DINNER

Oysters.
Fish.
Roast Goose.

Mashed Turnips.
Escarole Salad.
Peach Soufflé.

LUNCH

Sweetbreads.
Stuffed Olives.
Cold Roast Goose.
Stewed Pears.

DINNER

Broiled Salmon.
Boiled Beef with Spinach.
String Beans.
Purée of Scotch Chard.
Apple Soufflé.

LUNCH

Hashed Beef, with onions and tomato sauce.
Eggplant.
Grapefruit Salad.

RECIPES

MUSSELS (Marinière)

Wash the mussels in several waters, using a small knife and a brush that no particle of dirt may adhere to the shells. When they are perfectly clean put them in a large saucepan with a tumbler of cold water. Into this chop a young carrot, a sprig of parsley, and a large Spanish onion. Tie in a piece of cheesecloth a bay leaf, a little thyme, and rub the sides of the saucepan with garlic. Salt and pepper (paprika is excellent). Cook over a hot fire until the mussels begin to open. Then lift them into a hot dish and continue cooking the juice until the carrot and onion are done. Then

strain off the liquid through a cloth and pour over the mussels. The onion and chopped carrot may be left in the liquid if desired. The Marinière will not be successful unless the mussels have been perfectly cleaned, as any grit that might adhere to them would settle into the sauce. When the desired weight has been reached and the diet has been relaxed, use a tumbler full of any dry white wine instead of the water and add a small piece of butter to the sauce.

EGGPLANT (Turkish Style)

Wash and peel two good-sized eggplants and chop. Put a pound of raw mutton through the meat-chopper. Season, using paprika. Add a chopped onion and a sprig of parsley.

When the mixture is very fine, put in a bake dish and pour over a rich tomato sauce and bake slowly.

BARSCH (Duck, Polish Style)

Cover a duck, well seasoned, with equal parts of cold water and beet-juice. Bring to a boil and skim. Add one pound and a half of the round of beef, two large Spanish onions, two leeks, a bunch of celery, and half a dozen cloves. Cover and cook very slowly. When the meat is done strain off the bouillon, cool, remove all fat and clarify with the whites of eggs. Carve the duck as for serving, place the slices of beef cut thin round the outer edge of the dish, with alternate rows of beets (which furnished the beet-water). Thicken the gravy with

the beaten yokes of eggs by setting in a pan of hot water and stirring as for custard. To this sauce add some cooked mushrooms. Pour over the meat and serve. This sauce, made with the yolk of eggs, should not be eaten until the diet has been relaxed, as eggs are only recommended in moderation, but for special occasions it may be indulged in.

DOLMAS

Take the tender leaves of a young cabbage, place three or four together and fill with the following mixture:

Two pounds of raw mutton hashed through the meat-chopper, two large onions, one-half cup chopped parsley, salt and paprika. Stir in three beaten

eggs, form the mixture into oblong meat balls, roll and tie in thinly-buttered cabbage leaves. Place the Dolmas in a bake dish in layers with a plate to press them down and keep in place. Cover with the stock of any meat and cook slowly one and a half hours. When done make a sauce of the juice with the yolks of eggs or simply pour over the Dolmas. The Dolmas are very good served with tomato sauce. A can of Campbell's condensed tomatoes, to which has been added a boiled onion, finely chopped, and a bay leaf for flavor, makes an excellent and quickly prepared tomato sauce.

See Barsch, page 85, for the sauce.

VEAL KLOPPS

Two cups of finely minced, cooked veal.

Juice of one small onion; salt and paprika.

A little grated lemon rind.

The unbeaten whites of three eggs.

Add the onion-juice, seasoning and lemon rind to the veal and form a paste of the seasoned meat with the whites of the eggs. Shape into small balls and drop a few at a time into boiling salted water. Cook five minutes and serve plain or with tomato sauce.

SALADS AND SALAD DRESSING

THE DIET DRESSING

Two tablespoonfuls vinegar.

A pinch of salt and paprika.

One-quarter teaspoonful mustard (dry).

One teaspoonful of chives chopped fine or parsley.

One teaspoonful tomato catsup or, if preferred, Walnut or Worcestershire sauce.

Rub the salad bowl with an onion or with garlic, mix the salt, paprika, and mustard together. Add the vinegar, catsup and chives and pour over the salad. A finely chopped hard-boiled egg may be used from time to time.

SORREL AND LETTUCE

Combined makes a tasty salad, likewise the endive, the field dandelion, celery and chicory. Sprinkle the leaves with the finely chopped chives

and rub the salad bowl with the garlic or with an onion.

CHIVES

May be bought growing of any grocer and if kept moist will last quite a long time. They are very nice chopped in the string beans.

HASHED LAMB SALAD

Hashed lamb or mutton left over makes an excellent salad combined with a cupful of finely chopped cooked string beans, hashed with a few sprigs of mint and the diet dressing.

FISH SALAD

A chopped fish salad that may be used is made of any kind of cold left-over whitefish, hashed with hard-boiled eggs, a teaspoonful of lemon

juice and about half a cucumber. Either the diet or the boiled dressing may be used.

HARLEQUIN SALAD

One cup each of red and white cabbage.

One cup of string beans.

One half cup of boiled beets.

One chopped onion (boiled).

One half cup of carrots (cooked).

Salt and paprika.

The vegetables may be cooked together and diced, chilled, and served with the diet dressing. Of course young spring vegetables are preferable.

ARTICHOKE, SAUCE VINAIGRETTE

Boil the artichokes until tender and

serve with the diet dressing, which is in reality a sauce vinaigrette.

RUSSIAN SALAD

Chop any kind of cold cooked meat (chicken is best) with equal parts of cold cooked fish. To this add cold boiled carrots, green beans, beets, onions or any favorite vegetable. Mix two hard-boiled eggs and a little celery hashed very fine in the diet dressing and serve cold.

SOURKROUT SALAD

Consists of the diet dressing poured over a good dish of sourkrout.

PINEAPPLE SALAD

Drain a can of Hawaiian pineapple, place on crisp lettuce leaves and pour

over the diet dressing, without the chili sauce.

GREENS

There are several kinds of greens that are excellent cooked as spinach, chopped fine and served either with pepper and salt or a little vinegar. These are the beet-tops, large heads of lettuce leaves, Brussels sprouts, escarole and chicory and Scotch chard.

THE REASON WHY

THE Mahdah menus are based on the dietary charts issued by the United States department of Agriculture (office of Experimental Stations, Mr. A. C. True, director) and prepared by Mr. C. F. Langworthy, expert in charge of Nutrition Investigations. They furnish the latest and completest statement of food-constituents.

It is evident that a thinning diet should eliminate—in so far as is consistent with general health—both the fats which are stored in the body as fats and the carbohydrates which in the body are transformed into fats. This is what has been done in the

menus in this book. Although the amount of fats and carbohydrates which enter the dishes given for each day is slight, a sufficiency has been admitted to insure the necessary heat-yielding fuels.

Here is a list of the foods which MUST NOT be eaten and the reason why.

A slight study of the proportions of fat and carbohydrates they contain will make perfectly clear the reason why they are excluded from a diet which is meant to destroy fat. It will be seen that, in certain instances, fruits and nuts are as diligent fat-producers as bacon or corn.

The figures given in the following list are quoted from Mr. C. F. Langworthy's valuable compilation:

FORBIDDEN FOOD AND WHY

You must not eat	Because it contains percentage of Fats	Carbo-hydrates
Milk	4	5
Cream	18.5	4.5
Cheese	18.5	2.4
Pork	30	
Ham	38.8	
Olive oil	100	
Bacon	67	
Lard	100	
Corn	4.3	73.4
Wheat	2.2	73.7
Buckwheat	2.2	73
Rice	2	77
Oats	3	69.2
White bread	1.3	53

You must not eat	Because it contains percentage of Fats	Carbo-hydrates
Macaroni	1.5	15.8
Sugar		100
Stick candy		96
Potato	0.1	18.4
Green corn	1.1	19.7
Figs		74
Banana		22
Grapes	1.6	19
Unfermented Grape Juice		20.3
The chestnut	7.0	74.2
The walnut	63.4	16.1
Raisins	3.3	76.1

All these dangerous fat-making foods have been excluded from the menus; but there remain innumerable dishes at once satisfying and fascinating.

APPENDIX

Boiled Salad-Dressing

Beat up the yolks of three and the whites of two eggs, together, not separately, and add the following:

One teaspoonful English (dry) mustard.

One-half teaspoonful salt.

One-half teaspoonful Paprika pepper.

A dash of Cayenne pepper.

One tiny grain of crystallose.

Stir in one scant cup of vinegar, slightly diluted, if very strong. Pour all these ingredients into a saucepan, and cook like soft custard, stirring constantly over a slow fire, until the mixture thickens to the consistency of rich cream. Then set away to cool for several hours.

Rub a salad bowl with a garlic onion. Chop up the tender, white part of a small, white cabbage, with a few stalks of celery. Season with salt and pepper. When the salad dressing is quite cold, beat it up well, and mix thoroughly through the cabbage. The dish may be garnished with alternate slices of finely sliced green peppers, hard-boiled eggs and boiled beets.

After the dressing is mixed with the cabbage serve at once.

What This Book Claims—

That excessive fat is a disease.

That there is a cure for it, certain and not unpleasant.

That not only may the flesh be reduced, but the healthy tissue built up, and the whole body strengthened.

That this may be effected without drugs, by eating the right kind of food, rightly prepared.

In other words—that, by using the Mahdah menus, it is possible to

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Has the doctor ordered you to stop eating meat?

Try

A Meatless Carte du Jour

Grapefruit Cocktail

Almond Soup Chestnut Soup Cream of Asparagus

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